

GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

SEPTEMBER 2005

Serving Seniors for 29 Years

VOL. 29, NO. 5

MASTER CHEF LARRY AT HERNDON SENIOR CENTER



Chef Larry is at the new Herndon Senior Center. Come see the senior center and enjoy a delicious lunch. Just call **703-464-6200** one day in advance. Bring a friend! The senior center is located at 873 Grace Street, Herndon. (Photo by Ruth Junkin)

This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail kathy.wilson@fairfaxcounty.gov. It's free! Large-print and recorded formats also are available.

Free Annual Credit Reports

Beginning September 1, 2005, you will be able to get your credit reports for free. A recent amendment to the federal Fair Credit Reporting Act (FCRA) requires each of the three nationwide consumer reporting companies (Equifax, Experian, and Trans Union) to provide you with a free copy of your credit report, at your request, once every 12 months.

A credit report contains information on where you live, how you pay your bills, and whether you've been sued, arrested, or filed for bankruptcy. The consumer reporting companies sell the information in your report to creditors, insurers, employers, and other businesses that use it to evaluate your applications for credit, insurance, employment, or renting a home.

How do I order my free report? The three nationwide consumer reporting companies have set up one central Web site, toll-free telephone number, and mailing address through which you may order your free annual report. To order, click on www.annualcreditreport.com, call **1-877-322-8228**, or complete the Annual Credit Report Request Form (available on line at www.ftc.gov/credit) and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

Do not contact the consumer reporting companies individually for your free credit reports. You may order one, two, or all three reports at the same time, or you may stagger your requests. Some financial advisors say staggering your requests during a 12-month period may be a good way to keep an eye on

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GOLDEN GAZETTE

Published by the

COUNTY OF FAIRFAX, VIRGINIA

Department of Family Services

FAIRFAX AREA AGENCY ON AGING

12011 Government Center Parkway

Suite #708

Fairfax, VA 22035-1104

Telephone: 703-324-5411

Toll-Free: 1-866-503-0217

TTY: 703-449-1186

FAX: 703-449-8689

Web Site: www.fairfaxcounty.gov/service/aaa. The Golden Gazette is online.

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

Grace Starbird

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Publication of advertising contained herein does not constitute endorsement.



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

DEADLINES

ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements).

The next deadline is September 1 for the October issue.

ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

____ Contribution check attached.

____ I am NOT currently on your mailing list. Please add my name and address.

____ I am already on your mailing list.

____ I am moving. My new address in the Fairfax area will be:

NAME _____

CURRENT ADDRESS _____

Zip: _____

NEW ADDRESS (if applicable) _____

Zip: _____

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) will meet on **Wednesday, September 21, 1:00 p.m.**, at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August.**)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

What You Should Know About Door-to-Door Sales

by Ellyn T. Kay, Investigator

Fairfax County Department of Cable Communications and Consumer Protection

Sarah was awakened at 8:00 a.m. one day in early December 2004 by a knock on her front door. She opened her bedroom window to see two young women standing on the front steps. Sarah told them that she had been awakened and was unprepared to answer the door. The women told her that they were giving away free Christmas candy, but promised to return in an hour. However, they returned around 8:30. Unaware that the Fairfax County Peddlers, Solicitors and Canvassers Ordinance prohibited solicitation prior to 9:00 a.m., Sarah opened the door. Although the ordinance requires solicitors to provide identification, the ladies did not identify themselves, nor did Sarah ask for their identification.

The ladies presented Sarah with a small box of holiday candy while exchanging holiday pleasantries. Sarah graciously accepted the candy and was about to close the door, when one of the two women abruptly pushed the door open while the other proceeded to load Sarah's entrance hall with heavy cartons. The cartons contained a vacuum cleaner with numerous attachments, which the ladies proceeded to assemble while engaging Sarah in a super sales presentation about the benefits of their superior product. After the confusion subsided, Sarah realized that she had bought and paid \$1,470 for a vacuum cleaner that she did not need, leaving her short of money to spend on Christmas gifts for her friends and family. In fact, Sarah didn't even have carpets in her home. She had hardwood floors.

Sarah did not waste time. She read her purchase invoice, which disclosed that she had 3 days to cancel her purchase. Therefore, she decided to check out the vacuum immediately. She followed the instructions in the owner's manual, but the vacuum failed to work. Sarah called the owner of the company to inform him that the vacuum did not work, and that she was canceling the sale within 3 days,

according to the terms of her agreement. The owner of the company agreed to pick up the vacuum and return Sarah's money. A provision within the Virginia Home Solicitation Sales Act requires that a consumer be given a 3-day right of cancellation on transactions that originate at a consumer's residence. However, 7 months later, the defective vacuum was still in Sarah's possession, and numerous phone calls to the company were ignored.

Sarah filed a complaint with the Fairfax County Consumer Protection Division in July 2005. An investigator who reviewed the licensing files discovered that neither the owner of the vacuum franchise nor the sales personnel had obtained a solicitor license from the Licensing Section of the Fairfax County Consumer Protection Division, as required under the Fairfax County Peddlers, Solicitors and Canvassers Ordinance. Under this ordinance, it is unlawful for any peddler or solicitor to solicit without a license or make any misrepresentations as to the purpose of his call, such as using the distribution of holiday candy as a pretext to sell a vacuum cleaner. In addition, it was determined that the owner of the vacuum franchise had violated the Virginia Home Solicitation Sales Act by ignoring the 3-day cancellation provision in his purchase agreement.

After intervention by the Consumer Protection Division staff, Sarah received a full refund, the vacuum was removed from her home, and Sarah finally celebrated Christmas with her family and friends in July. In addition, the owner of the vacuum franchise received a violation letter from the Licensing Section of the Consumer Protection Division notifying him of the ordinance violations. He was further advised that his violation of the Virginia Home Solicitation Sales Act was a prohibited practice under the Virginia Consumer Protection Act, and is punishable as a Class 2 misdemeanor.

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VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

The **Center for Multicultural Human Services** needs volunteers to teach English to parents whose children attend Timberlane and Pine Spring Elementary Schools in Falls Church. Classes are Tuesday, Wednesday, or Thursday evenings, 6:30-8:00 p.m., beginning in September. Materials and orientation are provided. Volunteers also are needed to work with the students the same days and times to assist with reading, homework, and socialization activities. Call Ellen Klene at **703-533-3302, Ext. 107**.

Coppermine Place in Herndon is an independent living complex targeted to low-income seniors. It needs volunteers to lead classes in computer training, recreational activities, arts & crafts, and physical exercise. Call Sharon Flanagan at **703-793-0336**.

The **Fairfax Area Agency on Aging and Adult & Aging** have started a new initiative called Cluster Care that serves adults age 18 and over (including seniors). The program provides grocery shopping, transportation, light housekeeping, yard work, friendly visits, and other services. Volunteers are needed for all tasks. Call Trina Webb at **703-324-5184**.

The **Fairfax County Public Library** is recruiting volunteers for many areas at various libraries including: teaching computer classes; organizing sections; helping a children's department prepare materials; assisting the librarian; and locating items for customers. Call Kate Wanderer at **703-324-8332**.

Frying Pan Park in Herndon needs volunteers to drive hayrides and give farmhouse tours one morning a week from 10:00 a.m.-12:00 p.m. Training is provided. Call Sherry Bizette at **703-437-5318**.

HAVEN of Northern Virginia needs volunteers to provide emotional support to the bereaved, the seriously ill, the dying and their

families and friends. Volunteers may work from home, but must be available weekdays and commit to a minimum of 2½ hours/week for 1 year. Training is provided. Call **703-941-7000**.

Western Fairfax Christian Ministries has volunteer opportunities to help in the clothes closet and the food pantry located in Chantilly. Volunteers are needed to sort and hang clothes; bag groceries; stock shelves; pick up food donations; and read to underprivileged children. Call Sandy Miller at **703-988-9656**.

To have a volunteer opportunity considered for this column, please e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail:

retha.lockhart@fairfaxcounty.gov

Fax: 703-449-8689

Phone: 703-324-5407



Lincolnia Waiting List Opens

The Lincolnia Assisted Living waiting list will be open September 12-November 14, 2005. To be eligible for the waiting list, you must be 55 years of age or older, a current resident of Fairfax County or the Town of Herndon, and have an income no greater than \$34,500 (for one person).

There are two ways to get on the list:

1. Contact your current Human Services worker (if you have one) and ask to be placed on the waiting list.
2. If you have no Human Services worker, call **703-222-0880** after September 12, 2005, and ask to be put on the list.

Rebuilding Together—Local Nonprofit Provides Free Home Repairs

Is your home in need of rehabilitation or repair? If the answer is yes and you find it difficult to pay for these services, RPJ Housing may be able to help you. For nearly 20 years, RPJ Housing has been providing free home repair services to limited-income homeowners through its Rebuilding Together program (formerly known as Christmas & Sukkot in April). Since 1988 over 47,000 community members have repaired 1,400 homes and nonprofit facilities in Arlington and Fairfax.

All the work is done for free by teams of volunteers with skills ranging from novice to professional. In fact, you probably have seen the thousands of community members armed with paint brushes, hammers, and great big smiles during the last weekend in April. These dedicated community members repair floors, ceilings, walls, doors, and roofs; install grab bars, railings and smoke detectors; address minor plumbing and electrical repairs; build ramps; paint; and perform yard work.

Applications are now available to homeowners in Arlington and Fairfax counties and the cities of Fairfax and Falls Church. To qualify for the program, residents must own and live in the home to be repaired. The income level for an individual cannot exceed \$31,250. For each additional person in the home, the income level increases by increments of \$3,000-\$4,000. Priority is given to seniors and persons with disabilities.

To receive an application for free home repairs through Rebuilding Together, call RPJ Housing at **703-528-5606, Ext 10**, or visit the Web site at www.rpjhousing.org. Although the work will be done on April 29, 2006, **all applications must be received by January 31, 2006.**



Rebuilding Together volunteers spruce up a home. *(Photo Courtesy of Rebuilding Together)*



Adventures in Learning

Open House/Registration

September 15

The Shepherd's Center of Oakton-Vienna will hold its Fall Open House and registration for Adventures in Learning at its new location at the Universalist-Unitarian Church, 2709 Hunter Mill Road, Oakton, on Thursday, September 15, 10:00 a.m.-12:00 p.m.

Classes will be held every Thursday from September 22 to November 10, 9:00 a.m.-2:00 p.m. The cost is \$35, with a small additional fee for the computer class. Old favorites such as World Affairs, T'ai Chi, Intermediate Bridge, and Drawing with Tanya will be back, as well as Partners in Health, Political Cartoons, First Ladies, and Virginia History. For more information, call **703-281-0538**.

Diane Argerson—Volunteer of the Month

by Retha Lockhart

The Fairfax Area Agency on Aging (AAA) is fortunate to have volunteers from all over the world. Diane Argerson was born in Greece, and came to the United States at the age of seven. She can recall low-flying planes dropping bombs, and people dying in the streets from hunger during WWII. Her young life experiences and her mother's influence have created a "waste-not-want-not" attitude in Diane and a philosophy that everyone should lend a helping hand to those in need. She grew up in the Midwest, attended parochial schools, graduated from high school at age 15, and attended the University of Illinois.

Diane is a member of the women's society, Philoptochos (friends of the poor) at St. Katherine's Greek Orthodox Church. Fifteen years ago, she was introduced to the AAA through a church member who was a client of the AAA, and wanted a volunteer who could speak her native language, Greek, fluently. Diane became that volunteer. She volunteers in the AAA Telephone Reassurance and Friendship, Senior programs. In these pro-grams, volunteers call and visit seniors who are lonely and long for companionship.

Nine years ago, Diane began calling a client of the AAA, Ms. M. They quickly became such good friends and wanted to see each other, so Diane began visiting Ms. M. Diane says, "Ms. M. is an 88-year-young, beautiful lady who embraces life and everything it has to offer."

Diane and her husband, Nicholas, live in Great Falls. Nicholas is a retired pedodontist (children's dentist), and Diane was his office manager while raising their five children. Although volunteering is her favorite thing to do, Diane enjoys cooking, reading, and gardening. In addition to volunteering with the AAA, she is president of and does fund raising for the Board of Lady Managers of Inova Alexandria Hospital, a not-for-profit humani-tarian organization that serves Alexandria's unmet medical needs.



Volunteer Diane Argerson with her friend Mrs. M. (Photo by Retha Lockhart)

"I have always enjoyed volunteering because it has brought many wonderful, interesting people into my life, like Ms. M. I want to bring whatever joy I possibly can into the lives of those I volunteer for, whether it is sharing moments and events by phone, going to lunch with them, or sending a card," Diane says. "One gentleman I was helping called me to thank me for sending him a Valentine card and said it was the first one he had received in his 91 years of life."

LUNCH N' LIFE AN INTERFAITH EVENT

When: September 19

11:30 a.m.-1:30 p.m.

Where: Parkwood Baptist Church

8726 Braddock Road
Annandale

Program: Robert Maddox will discuss his experience in the White House as a speech-writer for President Jimmy Carter

Lunch: \$5

RSVP: 703-941-3301 or 703-978-5429 by
September 14

Free Credit Reports *Cont. From p. 1*

the accuracy and completeness of the information in your reports.

What information do I have to provide to get my free report? You need to provide your name, address, Social Security number, and date of birth. If you have moved in the last 2 years, you may have to provide your previous address. To maintain the security of your file, each consumer reporting company may ask for some information that only you would know, like the amount of your monthly mortgage payment. Each company may ask you for different information because the information each has in your file may come from different sources.

Are there other situations when I might be eligible for a free report? Under federal law, you're entitled to a free report if a company takes adverse action against you, such as denying your application for credit, insurance, or employment, and you ask for your report within 60 days of receiving notice of the action. The notice will give you the name, address, and phone number of the consumer reporting company. You're also entitled to one free report a year if you're unemployed and plan to look for a job within 60 days; if you're on welfare; or if your report is inaccurate because of fraud, including identity theft. Otherwise, a consumer reporting company may charge you up to \$9.50 for another copy of your report within a 12-month period.

Are there any precautions of which I should be aware? The Web site www.annualcreditreport.com is the only authorized source for your free annual credit report from the three nationwide consumer reporting companies. You will not get a telephone call or an e-mail asking for your personal information from www.annualcreditreport.com or the nationwide consumer reporting companies. If you get an e-mail or see a pop-up ad claiming it's from www.annualcreditreport.com or any of the three nationwide consumer reporting companies, do not reply or click on any link in the message—it's probably a scam. Forward any e-mail that claims to be from www.annualcreditreport.com or any of the consumer reporting companies to the FTC's database of deceptive spam at spam@uce.gov.

Source: Federal Trade Commission.

Fairfax Pets on Wheels Annual Paws for a Cause 3K-Walk

SUNDAY, OCTOBER 2, 12:00 P.M.

The Fairfax Pets on Wheels, Inc., 10th Annual Paws for a Cause 3K-Walk will be held on Sunday, October 2. The fun begins at Weber's Pet Supermarket, 11021 Lee Highway, Fairfax. The walk winds through neighboring streets and parks. All registered participants will receive a "Paws for a Cause" T-shirt. There will be human and canine treats at each kilometer.

Fairfax Pets on Wheels, Inc., an all-volunteer program under the auspices of the Fairfax Area Agency on Aging, provides pet therapy teams of animals with their owners, who regularly visit residents of area long-term care facilities. Last year, volunteers provided over 8,000 volunteer hours. The volunteers try to improve the quality of life of the residents by giving them the opportunity to interact with the pets. Proceeds from the walk will go toward volunteer activities, including recruitment, training, insurance, and other program costs.

For a registration form, call **703-324-5424** or visit www.fpow.org.



SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** The symbol RR means reservations are required. These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions. The Senior Centers will be closed on Monday, September 5.

<u>Bailey's</u> <u>Bailey's Community Center</u> <u>5920 Summers Lane</u> <u>Bailey's Crossroads, VA 22041</u> <u>Phone: 703-820-2131</u>	Wednesdays	11:00 a.m., Chair Aerobics.
	Wednesdays	12:30 p.m., Line Dancing With TJ.
	Thursdays	1:00 p.m., Book Club Meeting.
	Fridays	10:15 a.m., Weekly Shopping Trips.
	Thur. 9/8	10:30 a.m., Trip: Senior Beacon InfoEXPO, Springfield Mall.
	Mon. 9/12	11:00 a.m., CVS Presents <i>Vitamins, Minerals & Herbs</i> .
<u>City of Fairfax</u> <u>4401 Sideburn Road</u> <u>Fairfax, VA 22030</u> <u>Phone: 703-359-2487</u>	Wed. 9/14	11:00 a.m., Medicare Part D Presentation.
	Mondays	9:30 a.m.-12:00 p.m., Contract Bridge.
		10:00 a.m.-2:00 p.m., Mah-Jong.
	Thur. 9/8	10:30 a.m.-3:00 p.m., Trip: Senior Beacon InfoEXPO, Springfield Mall. (RR for transportation or meet us there.)
	Wed. 9/14	10:30 a.m., Fun Wedding Shower to Celebrate Marriage of Marie and Pat. (Bring "gag" gift or just come and enjoy.)
	Mon. 9/26	10:30 a.m., Hawaiian Luau.
<u>City of Falls Church</u> <u>223 Little Falls Street</u> <u>(Next to City Hall)</u> <u>Falls Church, VA 22046</u> <u>Phone: 703-248-5020/5021</u> <u>Note: Blood pressure screenings are held the 2nd and 4th Tuesdays of the month, 10:00-11:30 a.m.</u>	Thur. 9/29	9:45 a.m., Golf Tournament at Burke Lake. Tee Time: 10:10 a.m., Fun & Only Fun. \$16 (includes 9 holes, lunch & trophy). Rain Date: Friday, 9/30.
	Thur. 9/8	10:00 a.m.-1:00 p.m., Trip: Senior Beacon InfoEXPO, Springfield Mall. (RR)
	Mon. 9/12	12:30-2:30 p.m., Lunch Bunch at Malibu Grill. \$1 Van (leaves at 12:00 p.m.). (RR)
	Fri. 9/16	11:00 a.m.-2:00 p.m., Senior Picnic. (RR by Sept. 12.)
	Wed. 9/21	9:30 a.m.-12:00 p.m., Hearing Screening by Fairfax Health Dept. (RR)
	Mon. 9/26	9:00 a.m.-1:00 p.m., Guided Tour of National Building Museum. \$5/Tour/Transportation. (RR)
<u>Franconia/Springfield</u> <u>Lane Elementary School</u> <u>7137 Beulah St.</u> <u>Alexandria, VA 22315</u> <u>Phone: 703-924-9762</u>	Wed. 9/28	1:00-2:30 p.m., Jazz Fest. (RR by Sept. 23.)
	Tue. 9/6	10:00 a.m., Looking for Bridge Players!
	Tue. 9/13	11:00 a.m., Exercise With Bob.
	Fri. 9/16	10:45 a.m., Bring Your Favorite Breakfast Treat. Come and Make New Friends.
	Thur. 9/22	10:15 a.m., Crazy Hat Day.
	Fri. 9/30	12:45 p.m., Birthday Celebrations.
<u>Groveton at South County</u> <u>8350 Richmond Highway</u> <u>Ste. 325</u> <u>Alexandria, VA 22309</u> <u>Phone: 703-704-6216</u>	Mon. & Wed.	10:00 a.m., Ballet & Stretch.
	Thursdays	11:00 a.m., English as a Second Language.
	Wednesdays	12:30 p.m., Computer Class.
	Wednesdays	1:00 p.m., Dance Club.
	Tue. 9/13	10:00 a.m., Old Country Buffet. \$. (RR)

S E N I O R C E N T E R

<u>Gum Springs</u> <i>Gum Springs Community Center</i> 8100 Fordson Road Alexandria, VA 22306 Phone: 703-360-6088	Mondays	10:00 a.m., Sewing and Quilting.
	Tuesdays	10:30 a.m., Ceramics.
	Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
	Thursdays	1:00 p.m., Bingo.
	Fridays	10:00 a.m., Low-Impact Exercise.
<u>Herndon Senior Center</u> 873 Grace Street Herndon, VA 20170 Phone: 703-464-6200	Tue. 9/6	10:30 a.m., Relaxation Session With Tina.
	Mon. 9/12	1:00 p.m., Learn the Signs of Stroke.
	Tue. 9/13	10:30 a.m. Music With Beth to Lift Your Spirits!
	Tue. 9/20	11:00 a.m., Medicare Presentation in Chinese.
	Thur. 9/29	TBA, "History on a Bun" Lecture Series on Food Customs Begins.
<u>Hollin Hall</u> 1500 Shenandoah Road Alexandria, VA 22308 Phone: 703-765-4573	Thur. 9/8	1:00 p.m., Trip: Riverside Park—Backyard Birding. (RR)
	Mon. 9/19	1:00 p.m., Alexandria Memories Club. (RR)
	Tue./Thur.	9/20, 9/22, 9/27 9:30 a.m., <i>Investment Basics</i> . A 3-Part Seminar. (RR)
	Thur. 9/22	1:00 p.m., CVS Presents <i>Vitamins, Minerals & Herbals</i> . (RR)
	Tue. 9/27	10:00 a.m., Beginning Italian With Silvana. (RR)
<u>James Lee</u> James Lee Community Center 2855 Annandale Road Falls Church, VA 22042 Phone: 703-534-3387	Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center Hours.
	Mon.-Fri.	1:00 p.m., Fitness Walking Club.
	Mondays	10:00 a.m., Shopping Trips.
	Tuesdays	10:30 a.m., Line Dancing.
	Wednesdays	10:30 a.m., Line Dancing.
<u>Lewinsville</u> 1609 Great Falls Street McLean, VA 22101 Phone: 703-442-9075	Thur. 9/8	12:15 p.m., CVS Presents <i>Cataracts, Glaucoma, and MagnaVision Lenses</i> .
	Mon. 9/12	9:00 a.m.-12:00 p.m., Niceties & Necessities.
	Mon. 9/12	Patriots Day in Honor of September 11. Write Letters and Make Packages for the Troops.
	Wed. 9/14	12:30 p.m., National Humor Month. Bring Funny Joke or Story to Share.
	Thur. 9/22	10:00 a.m.-1:45 p.m., Trip: American Indian Museum. (RR)
	Thur. 9/29	12:30 p.m., Discussion on Native American History.
<u>Lincolnia</u> 4710 North Chambliss St. Alexandria, VA 22312 Phone: 703-914-0223	Fri. 9/2	10:30 a.m., Variety Show. (RR)
	Thur. 9/8	10:00 a.m., Trip: Senior Beacon InfoEXPO, Springfield Mall. (RR)
	Tue. 9/13	10:30 a.m.-12:00 p.m., Blood Pressure Screening—Walk-in.
	Tue. 9/20	10:00 a.m., Senior Olympics—Eight Ball (Fee).
	Thur. 9/22	12:00 p.m., Senior Olympics—Duplicate Bridge (Fee).

HIGHLIGHTS CONTINUED

Little River Glen
4001 Barker Court
Fairfax, VA 22032
Phone: 703-503-8703

Tue. 9/6 1:00 p.m., Cathy's Corner With Cathy From the Area Agency on Aging. Come Learn What It Can Do for You!
 Fri. 9/9 10:00 a.m., VIB (Visually Impaired/Blind Adult) Support Group.
 Tue. 9/20 11:00 a.m., CVS Presents *Vitamins, Minerals & Herbs*.
 Wed. 9/21 1:00 p.m., Birthday Party With Brian Rudolph.

Lorton
7722 Gunston Plaza
Lorton, VA 22079
Phone: 703-550-7195

Mondays 12:30 p.m., Line Dancing Class With Sarah Jane. \$5. (RR)
 Mon./Thur. 10:00 a.m., Bridge Group Looking for Players. (RR)
 Tuesdays 10:30 a.m., Forever Young Exercise Classes at Gold's Gym. Free for Center-Registered Seniors. (RR)
 Fridays 12:30 p.m., Pinochle Group. (RR)
 Wednesdays 12:30 p.m., Anxiety and Depression Support Group. (RR)
 Mon 9/12 11:00 a.m., *How New High-Deductible Insurance Plans Save You Money With Steve*. (RR)

Pimmit Hills
7510 Lisle Avenue
Falls Church, VA 22043
Phone: 703-734-3338

Mon. 9/12 9:30 a.m., Ceramics Class. \$TBD. (RR)
 Mon. 9/12 11:00 a.m., Jazzercise.
 Mon. 9/12 1:00 p.m., Line Dancing Class.
 Fri. 9/16 10:30 a.m., Medicare Part D Presentation. (RR)
 { Tue. 9/20 10:00 a.m.-3:00 p.m., 2-Day AARP Driver Safety
 { Wed. 9/21 Program. \$10. (RR)

Sully
5690 Sully Road
Centreville, VA 20124
Phone: 703-322-4475/4479

Mon. 9/12 12:30 p.m., CVS Presents *Headaches*.
 Wed. 9/14 10:30 a.m., Jazzercise With Jennifer.
 Mon. 9/19 12:30 p.m., Sing-Along With Shirley Baggerly.
 Wed. 9/21 10:30 a.m., Line Dancing With Cascade Steppers.
 Thur. 9/29 10:30 a.m., Sit & Be Fit.

Wakefield
Audrey Moore RECenter
8100 Braddock Road
Annandale, VA 22003
Phone: 703-321-3000

Tue. 9/6 10:00 a.m., Basic Computer Class. (RR)
 Thur. 9/8 10:00 a.m., Trip: Senior Beacon InfoEXPO, Springfield Mall. (RR)
 Fri. 9/9 11:00 a.m., CVS Presents *Headaches*.
 Mon. 9/12 1:00 p.m., Carol Talks About Grief. (RR)
 Wed. 9/14 12:30 p.m., Speaker: *When One Drink Is Too Much*. (RR)

Additional Locations for Meals/Other Activities

David R. Pinn Community Center
10225 Zion Drive
Fairfax, VA 22032
Phone: 703-250-9181

Huntington Community Center
5751 Liberty Drive
Alexandria, VA 22303
Phone: 703-960-1917

FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

Typical services include:

- Minor electrical repair • Plumbing work • Painting
- Repairing steps, floors, etc. • Minor accessibility modifications

Fairfax County Residents - Apply now for **FREE REPAIRS**

Call 703-246-5154 TTY: 703-385-3578



Door-to-Door Sales *Cont. From p. 3*

Before you purchase any goods or services from a solicitor, ask to see their Solicitor License issued by the Licensing Section of the Fairfax County Consumer Protection Division. A license shows a license number, name of the licensee, photograph and thumbprint of the licensee, the kind of goods to be sold, services performed, canvassing to be conducted, name of employer, date of issuance and expiration, and signature of the Director of Consumer Protection Division. Licensed solicitors may solicit only between the hours of 9:00 a.m.-8:00 p.m.

If you prefer to avoid solicitations, you should post a sign bearing the words, "No Peddlers or Solicitors" in a conspicuous area near your door. Licenses are denied to anyone who has been convicted of any felony within the 5 years immediately preceding the date of their application for fraud, misrepresentation or intentional false statement of material contained in their application.

If you are concerned about any person who knocks on your door, do not hesitate to call the police immediately. Try to obtain any information concerning the vehicle used in connection with the solicitation, such as license plate number, type of vehicle, year, color, model, and the name of the company or other information appearing on the vehicle's door.

If you have any questions, regarding a company that is currently soliciting door to door, you may contact the Fairfax County Consumer Protection Division at **703-222-8435 (TTY 711)** to file a complaint, find out if they are properly licensed or if there is a complaint history on file. Complaints also may be filed online at www.fairfaxcounty.gov/consumer.

HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance Counseling & Assistance Program (VICAP) at

703-324-5851.

Meals on Wheels Needs YOU!

The Meals on Wheels program needs volunteers for three leadership positions. A volunteer group coordinator is needed to accept new client referrals, contact the food provider, write route instructions, and organize the route book for drivers. A driver coordinator is needed to develop a monthly schedule of drivers, schedule substitute drivers on a short-term basis, and inform new drivers of policies and procedures. A treasurer is needed to provide monthly detailed reports to the Fairfax Area Agency on Aging.

Drivers are needed in the Baileys Crossroads and Fairfax areas and at Little River Glen in Annandale. The job involves picking up meals at specified sites from 10:30 a.m.-12:00 p.m. (Baileys Crossroads pickup is 2:00 p.m.) and ensuring that the meals are delivered to the clients, usually by 1:00 p.m. (except Baileys Crossroads). Drivers may choose to deliver meals weekly, biweekly, monthly, or to substitute as needed. Call the Volunteer Intake Line at **703-324-5406**.

2-Day AARP Safe Driver Program

Sponsored by

Fairfax County Sheriff's Office

Date: September 12-13, 2005

Time: 10:00 a.m.-3:00 p.m. each day

Place: Fairfax County Criminal

Justice Academy

14601 Lee Road, Chantilly

Cost: \$10

- Learn to avoid driving hazards
- Auto insurance discounts—consult your agent
- No tests!

Class size is limited. Advance registration is required. To register, call **703-246-3251** or e-mail douglas.byrd@fairfaxcounty.gov.

New Web Service Helps Medicare Beneficiaries With Limited Means Get More Health Care Assistance

A new web-based service will help Medicare beneficiaries with limited income and resources gain access to the extra help available to them through the Medicare Modernization Act of 2003. The service, which will also help them enroll in other health care and prescription drug assistance programs, was developed by the Administration on Aging (AoA) with the assistance of the Centers for Medicare & Medicaid Services (CMS) and the National Council on the Aging (NCOA).

The new service is a special version of BenefitsCheckUpRx updated for the extra help with Medicare drug coverage. It is available at <http://www.BenefitsCheckUp.org/rx>. BenefitsCheckUpRx will help older adults and the advocates who work with them take advantage of the Medicare low-income subsidy, the comprehensive extra help that covers 95% of drug costs on average for people with Medicare who have limited means. Applications are available now and about one in three Medicare beneficiaries are eligible for the extra help. The new service screens beneficiaries for eligibility and then provides a quick link to applying online for the extra help through the Social Security Administration's Web site. At the same time, it helps seniors and those who work with them apply for other needs-based government programs including the Medicare Savings Programs and other federal, state and private programs that can save seniors money.

Using BenefitsCheckUpRx, people with Medicare can get help learning about and applying for the Medicare low-income subsidy if they are eligible, as well as learn about how to enroll in various programs. Some of the available programs include state pharmacy assistance programs, private company patient assistance programs, veterans and TRICARE benefits, Medicaid, Medicare Savings Programs (QMB, SLMB, QI), Supplemental Security Income, and the Medicare-approved drug discount cards. The tool is confidential: no one is

required to enter their name, address, phone number, or Social Security number until they enroll.

In 2006, Medicare beneficiaries who receive full Medicaid benefits or who are enrolled in a Medicare Savings Program (MSP) will automatically receive the extra help with their prescription drug costs. That extra help provides comprehensive drug coverage with no premiums, no deductibles, very low copays, and no gaps in coverage. States have the flexibility in deciding what rules to use when determining eligibility for their Medicare Savings Program beneficiaries, which means that these requirements can vary considerably from state to state. To help clarify the differences among states' eligibility criteria, CMS has information showing how those criteria differ from state to state and how beneficiaries can use that information to determine their eligibility for extra help at www.cms.hhs.gov/medicarereform/states/whatsnew.asp. In addition, the new BenefitsCheckUpRx incorporates state-specific income and asset eligibility requirements into its online screening tool.

If you have any questions regarding the new Medicare Part D coverage, you may contact Medicare at **1-800-633-4227** (1-800-Medicare) or go to its Web site at www.medicare.gov.

Source: National Council on the Aging (NCOA).

The *Golden Gazette* is available in large print, recorded format, and online (www.fairfaxcounty.gov/service/aaa). Call 703-324-5633.

Toll-Free Multilingual Helpline for Medicare Drug Programs

The National Asian Pacific Center on Aging's (NAPCA) Toll-free Multilingual Helpline Center is the only national helpline Asian and Pacific Island (API) elders may call to obtain direct bilingual enrollment assistance. It offers access to translated information about Medicare Prescription Drugs Benefits without the need to navigate through intimidating English voicemails, phone menus or operators.

Since October 2004, the NAPCA Helpline has responded to nearly 15,000 calls and assisted over 2,000 elders to enroll in the transitional assistance program under the Medicare prescription drug discount card program. Over 5 million APIs have been reached through national and local ethnic API radio, TV, daily and weekly print media.

The reason for the success and cost effectiveness of NAPCA's Helpline center was because the Helpline provided a very high level of service to API elders. Elders who called the Helpline were sent their language-specific forms designed by NAPCA to determine their eligibility. In many cases, Helpline staff completed these forms for the elders over the phone. Once an elder was found to be eligible, Helpline staff helped identify the best discount card programs for the elder and enrolled them in the card of their choice by filling out the enrollment form for the elder to sign or by enrolling online. In most cases the signed enrollment forms were mailed back to the Helpline center so the staff could review them before they were submitted to the drug card company. Helpline staff also assist elders who were wrongfully denied transitional assistance or haven't received their card 30 days after enrolling in the Medicare appeal and reconsideration process.

As the enrollment for Medicare Prescription Drugs Benefits (Part D) and its Low Income Subsidy (LIS) take place in 2005, the NAPCA Multilingual Toll-free Helpline will continue to provide the same level of assistance to API seniors across the country.

Seniors with income below \$1,196 per month (single), \$1,604 per month (married couples) and who have Medicare should call NAPCA to enroll in the LIS program. Seniors with Medicaid do not need to act now because they are deemed eligible and do not need to apply. In November 2005, NAPCA will assist seniors choose a suitable prescription drug plan under Medicare Part D.

NAPCA National Multilingual Toll-Free Helpline Numbers:

English: 1-800-582-4218

Chinese: 1-800-582-4218

Korean: 1-800-582-4259

Vietnamese :1-800-582-4336

Source: Our thanks to Elaine Yeung, National Asian Pacific Center on Aging (NAPCA).

Multicultural Art Exhibition in Reston

SEPTEMBER 12-OCTOBER 2

"Discover Who We Are" is the theme for this year's Multicultural Art Exhibition, which will be displayed at the Jo Ann Rose Gallery at Reston Community Center's Lake Anne during the Reston Multicultural Festival.

Local artists are invited to submit two pieces of artwork to the exhibition. This artwork should reflect the "Discover Who We Are" theme, preferably with a focus on this year's featured region, Central America. However, artwork that features other cultures also is welcome. Artists also should submit a sentence or two describing the cultural significance of their piece for the exhibition brochure.

For further information, call the Reston Community Center's exhibit coordinator at 703-476-4500, TTY 711. Application forms and instructions may be downloaded from the Multicultural Festival Web site. For reasonable ADA accommodations, contact Liz Milner at **703-390-6145**, TTY 703-476-1514.

Monthly Support Groups

* **Amputee Support Group of Northern Virginia.** Meets on the 1st Tuesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at 703-222-7120 or asgnva@earthlink.net.

* **Fibromyalgia/Arthritis Support Group.** Meets on 2nd Tuesday of the month, 1:30 p.m., at the Pohick Library, 6450 Syndenstricker Road, Burke. Call Barbara at 703-913-0890.

* **Mended Hearts Support Group.** Meets on the 1st Wednesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact John Braddon at 703-385-9694 or jbraddon@cox.net.

* **Neuropathy Organization of Northern Virginia.** Meets on the 2nd Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldrige at 703-491-6690, or Joanne Holman at 703-998-8143.

* **Northern Virginia Post-Polio Support Group.** Meets on the 2nd Saturday of the month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call 703-560-8852.

* **Northern Virginia Support Group of the Well Spouse Foundation (WSF).** The WSF supports spousal caregivers for the chronically ill or disabled.

The evening group meets on the 3rd Monday of the month, 7:00-9:00 p.m., in the conference room at Supervisor Bulova's office, 9002 Burke Lake Road, Burke (adjacent to the Kings Park Library). Call 703-425-2430.

The daytime group meets on the 3rd Monday of the month, 12:00-2:00 p.m. in the conference room of the Kings Park Library, 9002 Burke Lake Road, Burke. Call 703-691-0969.

* **Parkinson's Disease Care Partners Support Group.** Meets on the 3rd Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call 703-891-0821.

Grief Support Groups

* The Church of the Nativity, at 6400 Nativity Lane, Burke, sponsors two monthly grief support groups:

1. **General Bereavement Support Group.** Meets the 1st and 3rd Thursday of the month, 7:30-9:00 p.m. Call Carol Mack at 703-455-2400.

2. **Grief Support Group for Men.** Meets the 2nd Thursday of the month, 7:30-9:00 p.m. Call 703-455-2400, Ext 234.

* **HAVEN of Northern Virginia**, at 4606 Ravensworth Road, Annandale, offers several ongoing bereavement support groups:

1. **General Bereavement Support Group.** Meets on the 1st and 3rd Wednesday of the month, 7:30-9:00 p.m.

2. **Widow/Widower Support Groups.** One group meets on the 1st and 3rd Thursday of the month, 2:00-3:30 p.m. The other group meets on the 2nd and 4th Tuesday of the month, 7:30-9:00 p.m.

3. **Suicide Survivors' Support Group.** Meets on the 1st Tuesday of the month, 7:30-9:00 p.m. Call 703-941-7000 or go to www.havenofnova.org.

Caregiver Support Group

* **Caregiver Support Group.** Meets on the 2nd and 4th Saturday of the month, 1:00-2:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Call 703-451-8631 or jjclement@earthlink.net.



Fall for the Book Festival

SEPTEMBER 14-21

Don't miss this literary event that features special presentations by dozens of authors. George Mason University, Fairfax Campus.

6TH ANNUAL LEGISLATIVE BREAKFAST

*Honoring Members of the Virginia Senate and
Candidates for the Virginia House of Delegates*

Presented by

Northern Virginia Aging Network (NVAN)

Cosponsors

★ AARP ★ NARFE ★ NCPSSM

★ ProAging Network ★ TLC4LTC

Moderator

Peggy Fox

Channel 9 News

Featured Speaker

Randy Norton, CEO

Great American Restaurants, Inc.

Monday, September 26, 2005

8:30-10:30 a.m.

**Greenspring Village Retirement Community
Conference Center**

7400 Spring Village Drive, Springfield, VA

(A tour of Greenspring Village will be
offered following the program.)

\$15* Farm Country Breakfast

Questions: Carolyn.Carter@fairfaxcounty.gov or
call 703-324-5403.

*Reasonable accommodations available upon request.
Call Coralie Miller at 703-642-4636, TTY 711, by Sep-
tember 19.*

Library's Access Services Provides Assistance

The Americans With Disabilities Act celebrated its 15th anniversary this past July. According to the U.S. Census Bureau, about 1 in 5 Americans has a disability, and about 1 in 10 is severely disabled. Types of disabilities include physical impairments affecting movement, sight or hearing; as well as cognitive and psychiatric impairments.

The Fairfax County Library's Access Services branch makes library services and activities accessible to people with disabilities. Access Services administers the *Talking Books* program of the Library of Congress, which delivers special cassette players and recorded books free of charge to qualified residents. People with vision impairment or who are unable to hold a book or have reading disabilities may qualify for the program. For details, e-mail access@fairfax-county.gov or call **703-324-8380**, TTY **703-324-8365**.

Each of the 21 branches has a workstation equipped with a 21-inch screen and special software that magnifies text, as well as closed-circuit TV magnifying systems. These devices allow people with low vision to read publications, mail, forms, etc.

Access Services also publishes a newsletter called "Loud and Clear," which is available in large print, Braille, on audiotape, in Spanish, and by e-mail. To read past issues, go to: <http://www.fairfaxcounty.gov/library/branches/as/loudandclear/Default.htm>.

2005 Legislative Breakfast Registration Form

Name: _____

Phone: _____

Organization: _____

Address: _____

E-mail: _____

***RSVP with payment of \$15.00 by Monday, September 19, 2005**

Please make checks payable to NVRC (Northern Virginia Regional Commission)

Mail to: NVRC, 3060 Williams Drive, Suite 510, Fairfax, VA 22031

Or pay by Credit Card: Card Type _____ Number: _____

Name on Card: _____ Card Expiration Date: _____

Card Billing Address: _____

Fax to: 703-642-5077 or mail to above address.

CAREGIVER'S CORNER

FREE SEMINARS FOR CAREGIVERS OF OLDER ADULTS

The Fall 2005 series of Seminars for Caregivers of Older Adults is being presented by the Fairfax Caregiver Seminar Consortium, with funding from the National Family Caregiver Support Program. The consortium includes: Alzheimer's Association, Alzheimer's Family Day Center, Thomas West Financial Services, Fairfax County Community and Recreation Services, Fairfax County Department of Family Services, and Fairfax County Health Department.

To register, call: 703-324-5205/TTY 703-449-1186, and leave your name, phone number, and the session(s) you plan to attend.

Wednesday, September 21. 7:00-8:30 p.m. *What to Expect as a Caregiver—Fostering Harmony in Decision Making.* Presented by Blair Bunda, RN, MA, and Jeanette Twomey. George Mason Public Library, 7001 Little River TrnPk., Annandale. 703-256-3800.

Wednesday, September 28. 5:00-7:00 p.m. *Transitions: When More Help Is Needed. (Services, devices, home modifications to keep your loved one at home longer.)* Presented by Dr. Kate Tulenki and Sharon Lynn, LCSW. Herndon Senior Center, 873 Grace St., Herndon. 703-464-6200.

Monday, October 3. 10:00-11:30 a.m. *Understanding Dementia Communication and Behavior.* Presented by Sue Stone and Nancy Dezan. Chantilly Public Library, 4000 Stringfellow Rd., Chantilly. 703-502-3883.

Wednesday, October 12. 7:00-8:30 p.m. *Avoiding Financial Pitfalls When Paying for Long-Term Care.* Presented by Tom West. Kings Park Public Library, 9000 Burke Lake Rd., Burke. 703-978-5600.

Thursday, October 20. 7:00-8:30 p.m. *Medication Use/Abuse.* Presented by Juliette Taylor-Toure. Lewinsville Adult Day Health Care. 1609 Great Falls St., McLean. 703-734-1718.

Tuesday, October 25. 7:00-8:30 p.m. *Survival Tips for Family Caregivers.* Presented by Lori Duncan and Martha Armstrong. Lincolnia Adult Day Health Care, 4710 N. Chambliss St., Alexandria. 703-914-0226.

Wednesday, November 2. 7:00-8:30 p.m. *Navigating the Legal and Medicaid Maze of Long-Term Care.* Presented by Jean Galloway Ball and Gail Hansen. Little River Glen Senior Center, 4001 Barker Court, Fairfax. 703-503-8703.

Wednesday, November 9. 12:00-1:30 p.m. *Elder Care and Work: Finding the Balance.* Presented by Sharon Lynn, LCSW, and Betsy Pugin. Fairfax County Government Center, Pennino Building, 12011 Government Center Pkwy., Virginia Room, 10th Floor, Fairfax. 703-324-5411.

Wednesday, November 9. 7:00-8:30 p.m. *Home Is No Longer An Option—Now What?* Presented by Karen Love and Bob Eiffert. Groveton Senior Center at South County, 8350 Richmond Hwy., Ste. 325, Alexandria. 703-704-6216.

Need Healthy Adults 65 & Older

The ARCH Lab at George Mason University, Fairfax campus, seeks healthy adults 65 and older to participate in behavioral studies on memory and attention. Volunteers will be compensated \$15/hour for 3-5 hours of testing. Call **703-993-9491** and press 1 for the Genetics Study. Please leave your name, age, and phone number.

COMMUNITY CALENDAR

September 8. 11:00 a.m.-3:00 p.m. The Beacon InfoEXPO. Enjoy exhibits, expert speakers, health screenings, door prizes and entertainment. Maureen Bunyan and Bob Levey are the featured speakers. Springfield Mall, Springfield. Call Gordon at **301-949-9766.**

September 10. 9:00 a.m.-1:00 p.m. McLean Fall Flea Market. This event features professional sellers and local residents to provide a wide array of goods. Business Bank parking garage at 1451 Dolly Madison Blvd., McLean. Call **703-790-0123** (www.mclean-center.org).

September 10. 10:00 a.m. Gardening With Butterflies. Horticulturist Laurie Short discusses the Butterfly Garden. Learn what plants will attract butterflies to your garden. Meadowlark Gardens Ct., Vienna (between Routes 7 & 123, off Beulah Rd.) \$5. Reservations required. Call **703-255-3631.**

September 16. 10 a.m.-8 p.m.

September 17. 10 a.m.-6 p.m.

September 18. 12:30-4 p.m. Used Book Sale. Sponsored by the McLean Branch, American Association of University Women. McLean Community Center, 1234 Ingleside Ave., McLean. Sunday books are \$7/bag. The sale benefits scholarships for women. Call **703-726-6470.**

**Note: These dates changed*

after the print version was mailed out. These are the new dates.

September 14. 11:00 a.m. Preventing Common Frauds & Scams Targeting Seniors. Fairfax County Police Department Crime Prevention Officer Greg Kottemann discusses ways to protect yourself. Sherwood Regional Public Library, 2501 Sherwood Lane, Alexandria. To register, call **703-765-3645.**

September 15-March 30. 9:00-10:30 a.m. (Thursdays). Writing Your Personal History From Concept to Copy. This 7-month course, led by Robert Middlemiss, professional writer and editor, is for older learners who would like to document their personal history in an interesting, readable way. By the end of the program you will have a notebook of your writings. Vienna Community Center, 120 Cherry St., SE, Vienna. \$25/resident; \$30/nonresident + \$5 coffee/tea for the semester. To register, call **703-255-6360.**

September 16. 12:00-2:00 p.m. Celebrate Assisted Living Week with a Champagne Brunch. Sunrise at Countryside, 5800 Jona Dr., Sterling. Call Sally at **703-430-0681.**

September 21. 12:15-1:30 p.m. Aging With Grace Luncheon Series. Topic: *Humor for the Health of It* by Carolyn Armstead. Bring a lunch. Drinks/dessert pro-

vided. Grace Presbyterian Church, 7434 Bath Street, Springfield. Reservations requested. Call **703-451-2900, Ext. 3013.**

September 25. 1:30-3:30 p.m. Fairfax Elderhostel Alumni Association Meeting invites visitors to share alumni experiences: (1) Drive into the Past—Williamsburg; (2) Introduction to New York City; (3) Kayaking on Chincoteague Bay, and (4) Holland by Bike. Light refreshments. Mason District Governmental Center, 6507 Columbia Pike, Annandale. Reservations required. Call **703-534-2274.**



Looking for a Few Good Singers

The Harmony Heritage Singers of the Mount Vernon Chapter of the Barbershop Harmony Society are looking for a few good singers to join a fun-loving daytime barbershop chorus. All voice parts are needed. Rehearsals will be on Wednesdays, August 17 and 24 and September 7 and 21, at 10:00 a.m., at the Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria.

For more information, call Mal Agnew at **703-241-0993** or Mike Everard at **703-941-1057.**